



Better Health Begins With You!

Kev Noj Qab Nyob Zoo

Dua Pib ntawm Koj Mus

1. Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.

1. Noj 6 mus rau 11 me nyuam qhov khob cij, xilisaws (cereal), mov los sis fawm tauj ib hnuv. Piv xam hais tias, noj kua dis ua tshais, ib daim khob cij ua su, thiab mov qhuav ua hmo.

2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.

2. Noj 5 qho txiv hmab txiv ntoo thiab zaub tauj ib hnuv. Piv xam hais tias, nyaj koj haus tau kua txiv kab ntxwv ua tshais, noj ib qho xalav ua su, thiab noj taum lag thiab qos yaj ywv uas tau muab haus ua hmo, thiab ib co txiv hmab.

3. Drink at least 8 glasses of pure, fresh water every day.

3. Tauj ib hnuv yuav tsum haus tsawg kawg nkaus 8 khob dej dawb.

4. Eat lean, low-fat meats, such as chicken or fish.

4. Noj tej hom nqaij ntshiv, xws li nqaij qaib los sis ntses.

5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.

5. Xaiv tej khoom kua mis nyuj uas tsis tshuav muaj roj, xws li mis nyuj tsis muaj roj thiab mis nyuj khov.

6. Limit your intake of sweets and alcoholic beverages.

6. Noj khoom qab zib thiab dej cawv tsawg tsawg xwb.

7. Take part in some form of physical activity every day. Take a walk, dance, or play.

7. Txhua hnuv ua ib yam dab tsi siv yus lub zog. Taug kev, dhia piav tes taw, los sis ua-si.

8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.

8. Siv roj zaub los sis roj canola thaum ua mov noj tsis txhob siv roj los sis roj tsiaj. Cov roj zaub zoo dua rau koj lub cev vim lawv tsis muaj roj cholesterol.

Hmong Language Version

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